

# Table of Contents



## **8** Porcupine Sliders *Grand Prize Winner*

### Whole Grains

---

- 12 Chic' Penne**  
*1st Place Winner*
- 16 Mediterranean Quinoa Salad**  
*2nd Place Winner*
- 20 Aztec Grain Salad**
- 24 Chicken Alfredo with a Twist**
- 28 Chicken Curry Casserole**
- 32 Oodles of Noodles**
- 36 Peppy Quinoa**
- 40 Rainbow Rice**
- 46 Stir-Fried Green Rice, Eggs, and Ham**



## **50** Tasty Tots *Popular Choice Winner*

### Dark Green and Orange Vegetables

---

- 54 Central Valley Harvest Bake**  
*1st Place Winner*
- 60 Stir-Fry Fajita Chicken, Squash, and Corn**  
*2nd Place Winner*
- 64 Bok Choy Wrappers**
- 68 Crunchy Hawaiian Chicken Wrap**
- 72 Harvest Delight**
- 76 Roasted Fish Crispy Slaw Wrap**
- 80 Smokin' Powerhouse Chili**
- 86 Squish Squash Lasagna**
- 92 Sweet Potato and Black Bean Stew**



## **96** Tuscan Smoked Turkey and Bean Soup *1st Place Winner*

### Dry Beans and Peas

---

- 100 Lentils of the Southwest**  
*2nd Place Winner*
- 104 Confetti Soup**
- 108 Eagle Pizza**
- 114 Fiesta Mexican Lasagna**
- 120 Fiesta Wrap**
- 126 Harvest Stew**
- 130 Purple Power Bean Wrap**
- 134 Spanish Chickpea Stew**
- 138 Vegetable Chili Boat**